



Soothing Bath Menu
「川」之酣眠 纾压沐浴体验



sleep matters
BY CHUAN

Prepare your mind and body for a good night's sleep with the ultimate relaxation experience from Chuan Spa. Let your stresses and strains melt away as our expert comes to your room or suite and draw you a bath based on one of the five elements of Traditional Chinese Medicine.

Select a soothing infusion from the five options below for the most sumptuous soak you could wish for:

- WOOD** Looking to unwind and relax? Loosen your muscles and calm your mind with a blend of Bergamot, Neroli and Ylang Ylang oils.
- FIRE** Missing your usual spark? Stimulate your senses and uplift your spirits with Violet Leaf extract, Shiso Leaf extract and Lavender oils.
- EARTH** In need of focus and direction? Let this bath of Frankincense, Fennel and Geranium oils balance and refresh you.
- METAL** Feeling stressed by your relentless daily routine? This special blend of Eucalyptus, Chamomile and Cypress will revitalize and revive your tired mind.
- WATER** Are you achy and stiff? Rejuvenate your muscles with a soothing blend of Ginger, Sage and Cardamom oils.

Each bather will also receive a choice of Chuan Massage Oils and herbal tea.

Advance reservation is required.



在「川」水疗中心尽享放松的写意体验，让身心也为一夜好眠做好准备。专业技师会在您的房间内准备以传统中医学五行元素为基础的水疗沐浴体验，助您把压力一扫而空。

您可以挑选以下任何一种有助放松身心的配方，投入豪华的浸浴享受：

木 想好好放松、舒展身心？试试由佛手柑、橙花和依兰依兰精油混合而成的配方，有助放松绷紧肌肉，静心养神。

火 想重拾健康神采？配方蕴含香堇菜叶，紫苏精华和熏衣草精油，有助唤醒感官，为身心充电。

土 希望提升专注力和强化思维？结集乳香、茴香和天竺葵精油的香浴，有助平衡身心，让您感觉焕然一新。

金 忙碌枯燥的生活让您感到压力沉重？由桉树、洋甘菊和丝柏调配而成的特别配方有助激发活力，提振精神。

水 肌肉僵硬酸痛？蕴含姜、鼠尾草和白豆蔻的和谐配方，有助缓解肌肉疲劳，为身体注入力量。

每位宾客均可获赠一款自选的「川」特色按摩油及草本茶。

敬请提前预约。